

Protect Yourself This Flu Season

Every year, many people get sick from the flu and other viruses like COVID-19 and RSV. These viruses can make you feel very sick. Some people may need to go to the hospital, and in very rare cases, a person may die.

But there is good news — **vaccines can help keep you safe.**



The best way to protect yourself, your family, and your friends is by **getting vaccinated.**



WHO SHOULD GET A VACCINE?

- Everyone 6 months and older should get a flu shot every year.
- Your need for a COVID-19 shot can depend on your age, health, and past shots. Ask your doctor if you should get one.
- Older adults (age 75 and up) and some people between 60–74 years old should also get the RSV vaccine.
- Talk to your care manager to set up an appointment with your doctor or a local vaccination clinic.



WHEN SHOULD YOU GET VACCINATED?

- The best time to get your flu shot is in October
- But it's still helpful to get vaccinated anytime through April



WHAT DO VACCINES COST?

- There is no cost to PHP members for a flu vaccine!



HOW CAN YOU TELL IF YOU'RE SICK?

Look out for:

- Cough
- Fever
- Sore throat
- Stuffy nose
- Trouble breathing

If you feel sick:

- Stay home and rest
- Wait 24 hours after your fever is gone (without medicine) before going back to your activities
- Call your doctor if you don't start feeling better

DO VACCINES WORK?

Yes!

- Vaccines don't stop all sickness, but they make it less dangerous
- Vaccines help you stay out of the hospital and recover faster

NEW FOR THIS YEAR

- All flu shots protect against three types of flu
- Nasal spray flu vaccine (FluMist) is available for people ages 2–49
 - Caregivers may be able to give it at home – no needle!
- People with egg allergies can still get the flu shot
 - Talk to your doctor about the right type for you
- Some people can get flu and COVID-19 shots together in one trip
 - Talk to your doctor to see if this option is right for you

WHAT HAPPENED LAST YEAR?

- The 2024–2025 flu season was very bad
- New York had the worst flu season in 15 years:
 - Over 3,000 people went to the hospital
 - There were almost 300,000 flu cases in New York state

Let's work together to make 2025–2026 safer!

Need more info? Talk to your doctor or care team, or visit [cdc.gov/flu](https://www.cdc.gov/flu).

STAY SAFE. GET VACCINATED.
HELP PROTECT YOURSELF AND YOUR COMMUNITY.
IT'S YOUR BEST SHOT!



PHP Care Complete FIDA-IDD (Medicare - Medicaid Plan)

The State of New York has created a Participant Ombudsman Program called the Independent Consumer Advocacy Network (ICAN) to provide participants free, confidential assistance on any services offered by Partners Health Plan. ICAN may be reached toll-free at 1-844-614-8800 (TTY users call 711, then follow the prompts to dial 844-614-8800) or online at icannys.org.

Partners Health Plan is a managed care plan that contracts with Medicare and the New York State Department of Health (Medicaid) to provide benefits to Participants through the Fully Integrated Duals Advantage for Individuals with Intellectual and Developmental Disabilities (FIDA-IDD) Demonstration.